

January 2026

Prices Effective December 31st to January 27th 2026

All items priced with VIC Savings Card



Dish



Harris Teeter
YOUR NEIGHBORHOOD MARKET

Happier, Healthier

with Harris Teeter

In This Issue:
Apple Chai Muffins
Vegetarian Stuffed Bell Peppers

Vegetarian Stuffed Bell Peppers

For Bell Peppers:

2 red bell peppers, cut in half
(top to bottom) seeded
1 Tbsp olive oil

For Filling:

1/2 cup Bonne Maman More Fruit,
Less Sugar Apricot Fruit Spread
(1) 12 oz can of garbanzo beans
3 Tbsp olive oil
1 cup jasmine rice, cooked
1/4 cup green olives, sliced
1/4 cup kalamata olives, sliced
2 Tbsp parsley, chopped
1 Tbsp chives, sliced
1 Tbsp mint, chopped
1 Tbsp dill, chopped
1/4 cup feta cheese, crumbled
(reserve 1 Tbsp for garnish)
1/4 tsp ground allspice
1/4 tsp paprika
1/4 tsp turmeric
2 tsp salt

Roast the Peppers: Preheat oven to 420°F. Place bell peppers cut-side up on a baking sheet, drizzle with olive oil, and roast for 15 minutes until slightly softened. Prepare the Filling: In a medium bowl, mix Bonne Maman Apricot Fruit Spread with garbanzo beans, rice, olives, herbs, and seasonings. Stir until well combined. Stuff & Bake: Fill each roasted pepper half with the mixture, pressing gently to pack. Return to the oven and bake for 7 more minutes.

bonnemaman.us

Bonne Maman
Fruit Spread
Select Varieties
11.8 OZ

\$4.99





Banza
Chickpea
Pasta
Select Varieties
8 OZ
2/\$7



Bragg
Liquid
Aminos
16 FL OZ
\$4.99



Bragg
Organic Apple
Cider Vinegar
Select Varieties
16 FL OZ
\$6.99



Yo Mama's
Pasta
Sauce
Select Varieties
25 OZ
\$5.99



Bragg
Seasoning
Nutritional Yeast
4.5 OZ
\$5.99



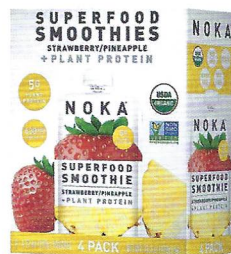
Gorgie
Sparkling
Energy Drink
Select Varieties
12 FL OZ
3/\$5

**Happier,
Healthier**
with Harris Teeter

Feel-Good food finds



Nutraït
Granola
Select Varieties
8 OZ
\$7.99



Noka
Superfood
Smoothie
Pouches
Select Varieties
4 PACK
\$8.49

Love Corn
Premium
Crunchy Corn
Select Varieties
4 OZ

BOGO
Buy One Get One free



**Manitoba
Harvest**
Hemp
Hearts
Shelled
8 OZ
\$6.99



Made Good
Organic
Granola Bars
Select Varieties
5/.85 to
6/.85 OZ
2/\$8



After a lengthy
or fierce
workout, the
body can use
protein as a
Fuel Source



Misfits

Plant-Based Protein Bar

Select Varieties

1.8 OZ

2/\$5



Barebells

Protein Bar

Select Varieties

1.94 OZ

2/\$5



Trubar

Protein Bar

Select Varieties

1.76 OZ

2/\$4



Flock

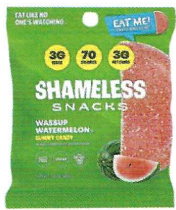
Chicken Skin Crisps

Select Varieties

2.5 OZ

Limited Time

\$5.49



Shameless Snacks
Gummy Candy
Select Varieties
1.8 OZ

2/\$6



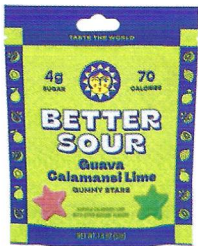
Smartsweets
Gummy Candy
Select Varieties
1.8 OZ

2/\$6



Joy Ride
Uncommon Candy
Select Varieties
3.5 OZ

\$4.99



Better Sour
Gummy Stars
Select Varieties
1.8 OZ

2/\$6



Pur
Gum
Select Varieties
2.72 to 2.9 OZ

\$3.99



Rotten
Gummy Cruncheez
Select Varieties
1.8 OZ

2/\$6

sweet selection of **Better For You** candies

**Happier,
Healthier**
with Harris Teeter



Bites
Candy
Select Varieties
5 OZ **OG**
\$5.49

Fruit Snack
Packs
Select Varieties
3.5 OZ **OG**
\$5.99

YUM EARTH



Fruit Snack
Packs
Select Varieties
7 OZ **OG**
\$8.49

Bites Candy
Packs
Select Varieties
7.5 OZ **OG**
\$9.99



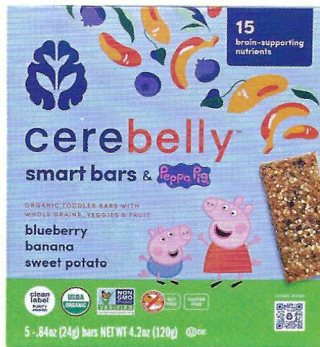
GLUTEN-FREE

PLANT-BASED



Cereal
or Cookie Bars
Select Varieties
4.64 to 9 OZ

\$6.99



Cerebelly
Smart Bars
Blueberry Banana
Sweet Potato
4.2 OZ

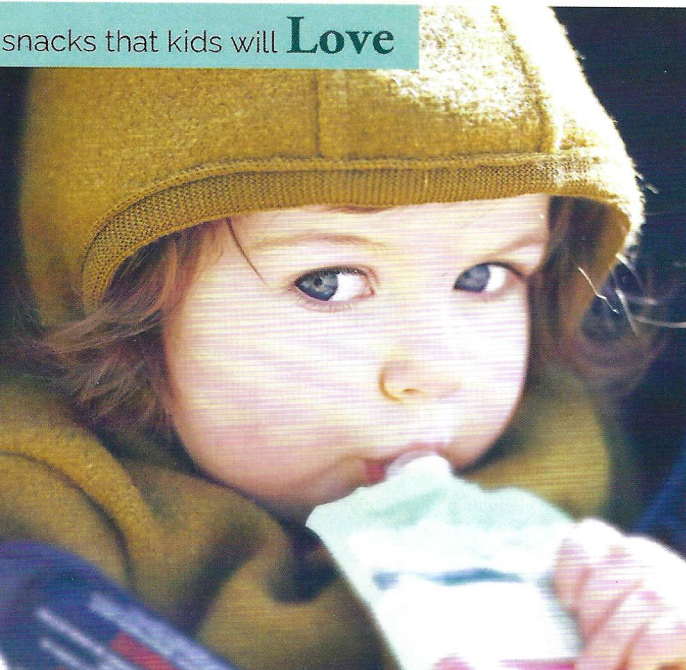
\$4.99



Amara
Organic
Smoothie Melts
Select Varieties
1 OZ

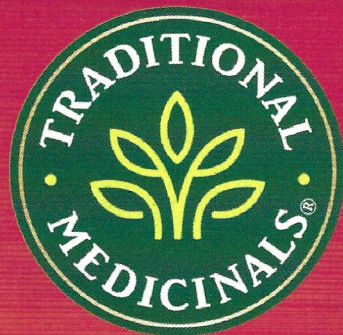
2/\$10

snacks that kids will **Love**



Cerebelly
Organic Puree
Select Varieties
4 OZ

**\$1.00
OFF**



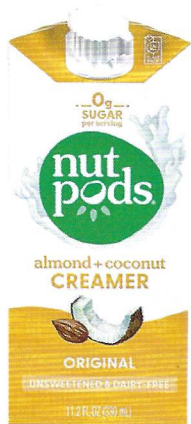
Sore throat?
*There's a tea for that.*TM



Traditional Medicinals
Organic Tea
Select Varieties
16 CT



\$4.99

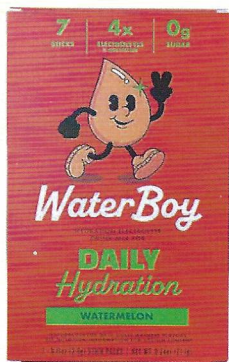


Nutpods
Dairy-Free
Creamer
Select Varieties
11.2 FL OZ
2/\$6



Olipop
Sparkling
Soda
Select Varieties
12 FL OZ
2/\$4

Limited Time



Waterboy
Daily Hydration
Drink Mix
Select Varieties
74 OZ
\$7.99



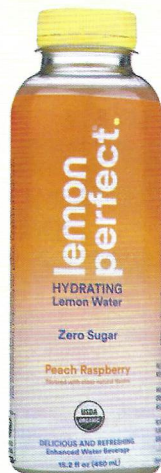
Hint
Fruit Infused
Water
12/16 FL OZ
\$16.99



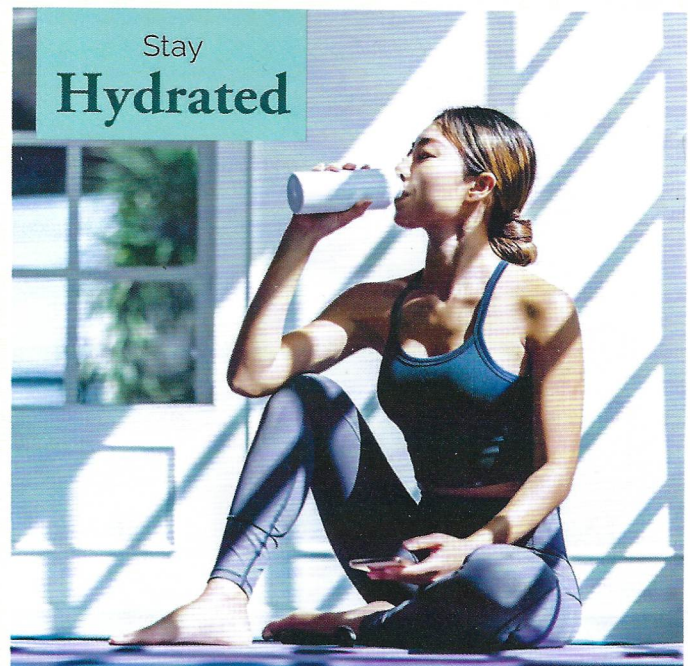
Eternal
Spring Water
Naturally Alkaline
Naturally Alkaline
6/33.8 FL OZ
\$8.99



**Icelandic
Glacial**
Natural
Spring Water
33.8 FL OZ
2/\$5



Lemon Perfect
Hydrating
Lemon Water
Select Varieties
15.2 FL OZ
3/\$5





Tost Beverages
 Sparkling Tea
 Select Varieties
 25.4 FL OZ

\$7.99

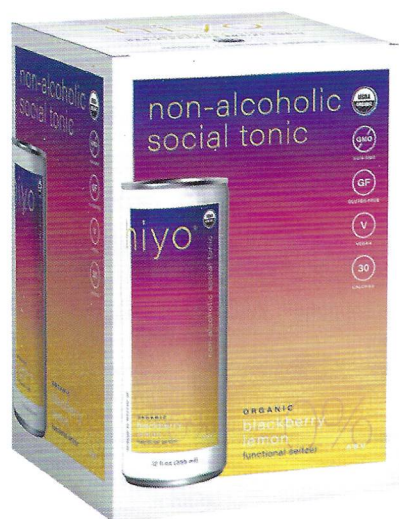
St. Agrestis
 Non-Alcoholic Cocktail
 Phony Negroni, St. Agrestis
 200 ML

\$8.99





Are You In?



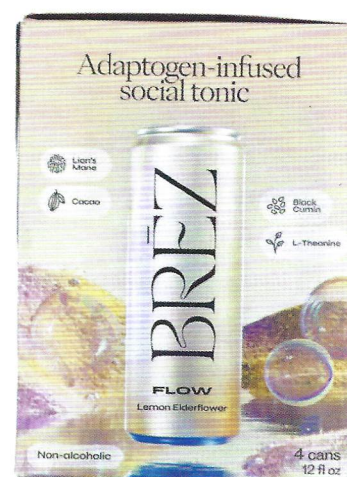
Hiyo
 Organic Social
 Tonic
 Select Varieties
 4/12 FL OZ

\$11.99



Hop Wtr
 Sparkling Water
 Select Varieties
 6/12 FL OZ

\$8.99



Brez
 Social Tonic
 Select Varieties
 4/12 FL OZ

\$12.99



Lesser Evil
Organic Popcorn
Select Varieties
4.6 OZ

OG
2/\$8



Catalina Crunch
Crunch Mix
Select Varieties
5.25 OZ

\$5.99



Kindling Snacks
Protein Pretzels
Select Varieties
6.5 to 7 OZ

\$6.49



Go Raw
Pumpkin Seeds
Select Varieties
10 OZ

OG
\$7.49



Chomps
Jerky Sticks
Select Varieties
8/1.15 Z

\$18.99



Parm Crisps
Oven Baked Parm Crisps
Select Varieties
1.75 OZ
Limited Time

2/\$6



Artisan Tropic
Organic Crackers
Select Varieties
4.25 OZ
Limited Stores

\$3.99



Hippes
Chickpea
Puffs
Select Varieties
4 OZ

2/\$6



Xochitl
Tortilla
Chips
Select Varieties
12 OZ

OG
\$3.99



Simple Mills
Crackers
or Thins
Select Varieties
4 to 4.25 OZ

2/\$8



Miss Jones Baking Co
Cake Mix or Frosting

Select Varieties
 15.87 to 320 GRM

Cake Mix Limited Time

\$6.99



Apple Chai Muffins

- ½ cup melted butter
- ¼ cup Bhakti Chai concentrate
- 1 box Miss Jones Organic Vanilla Cake Mix
- 3 eggs
- ¼ cup or 1 pouch organic Big Slice kettle cooked apples
- ½ cup Maple and Cinnamon Hemp Heart Topper
- 1/2 cup powdered sugar
- ½ teaspoon vanilla extract
- 1-1.5 tablespoon milk

For the muffins, preheat oven to 350F. Grease or line a muffin tin. In a large bowl, whisk together butter, Bhakti chai concentrate, and eggs. Add cake mix and whisk together until just combined. Fold in Big Slice kettle cooked apples. Fill each muffin tin ½ full and bake for 20 to 25 minutes. Let cool completely before topping. For the glaze, in a medium bowl, whisk together powdered sugar, vanilla and milk until well combined and no lumps remain. Drizzle over cooled muffins and top with Manitoba Harvest Maple and Cinnamon Hemp Heart Topper.

missjones.com

YOU'VE
NEVER HAD
TUNA LIKE
THIS



HIGH IN
PROTEIN

Custom Text Here



TUNA
FILETS



POLE & LINE
CAUGHT

Natural Catch

Tuna

Select Varieties

4.4 OZ

\$3.99



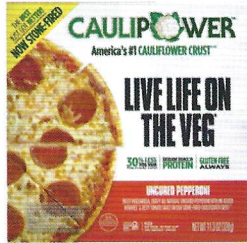
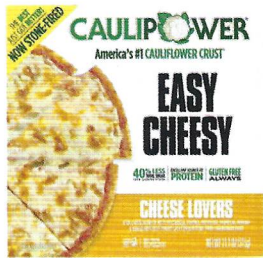
**YELLOWFIN
IN EVOO**



**WHITE ALBACORE
IN WATER**

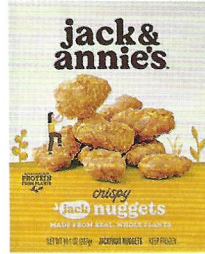


**SPICY CHILI
IN EVOO**



Caulipower
Cauliflower
Crust Pizza
Select Varieties
10.9 to 11.85 OZ

\$6.49



Jack & Annie's
Plant Based
Meats
Select Varieties
8.1 OZ

\$4.99



Immi
Ramen
Select Varieties
2.43 OZ
"Limited Time"

\$4.49



G Hughes
BBQ
Sauce
Select Varieties
18 OZ

\$3.99



Kettle & Fire
Bone
Broth
Select Varieties
32 OZ

\$10.99



Kikkoman
Sauce
Select Varieties
8.5 to 9.25 FL OZ

\$3.49



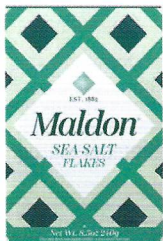
Kosmos Q
Seasonings
Select Varieties
6 OZ

\$6.99



Kosmos Q
BBQ
Sauce
Select Varieties
14 OZ

\$6.99



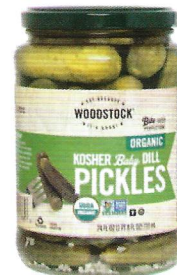
Maldon
Sea Salt
Flakes
8.5 OZ

\$5.99



Ayoh! Foods
Sando
Sauce
Select Varieties
12 FL OZ

\$6.99



Woodstock
Organic
Pickles
Select Varieties
24 OZ

\$5.99



Zaxby's
Sauce
Select Varieties
16 FL OZ

2/\$8



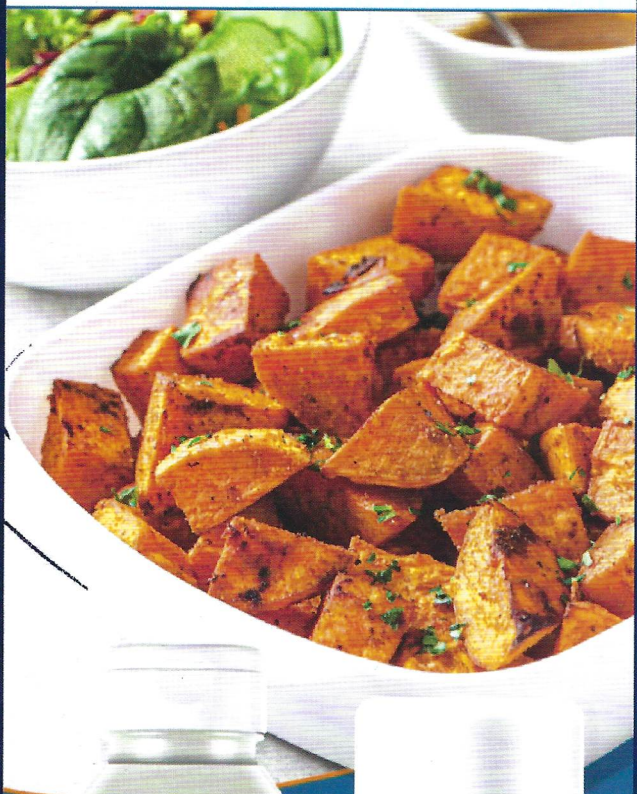
Kinder's
Seasonings
Select Varieties
.8 to 1.25 OZ

2/\$3



Modern Mill
Salad
Topper
Select Varieties
6 OZ

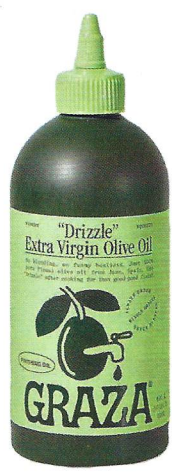
2/\$7



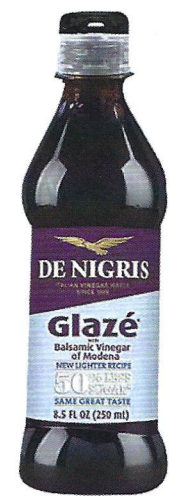
Cooking Oil
Coconut
16 FL OZ **OG**
\$12.99



Coconut Oil Cooking Spray
5 OZ **OG**
\$5.99



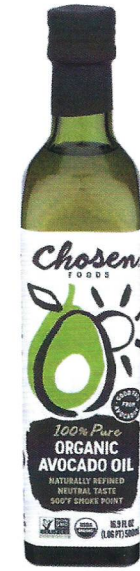
Graza
Drizzle
Extra Virgin
Olive Oil
16.9 FL OZ
\$15.99



De Nigris
Balsamic
Vinegar
Glaze
8.5 FL OZ
\$7.49

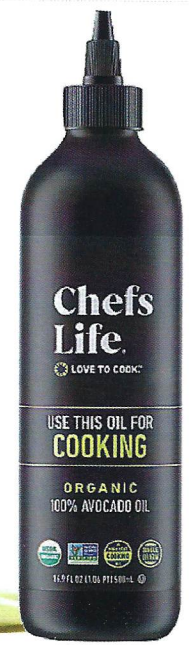


Chosen Foods
Avocado
Oil Spray
100% Pure **OG**
4.7 FL OZ
\$1.00 OFF



Chosen Foods
100% Pure
Organic
Avocado Oil
500 ML **OG**
\$15.99

Chefs Life
Organic Oil
Select Varieties
16.9 FL OZ **OG**
\$15.99



Product claims are the responsibility of the manufacturer. The information in this flyer is not intended to treat cure or prevent any diseases or conditions.



Organic
Bone Broth

16.9oz

\$6.99

True bone broth,
made right.



DELICIOUS
CHEF-CRAFTED TASTE

REAL
INGREDIENTS

NO

CONCENTRATES
EXTRACTS
OR FLAVORS

BonafideProvisions.com





• CLEAN, FOR LIFE •

CHARLIE'S SOAP

BECAUSE LIFE'S TOO SHORT FOR STAINS

Laundry
Powder
100 Loads
2.64 LB

\$17.99

Oxygen
Bleach
2.64 LB

\$13.99



BIODEGRADABLE
FRAGRANCE-FREE



HYPOALLERGENIC
SAFER CHOICE CERTIFIED

NON-CHLORINE BLEACH
WHITENS & BRIGHTENS



Powerful, safe, eco-friendly cleaning for your home. Charlie's Soap formulas are biodegradable, hypoallergenic, and Leaping Bunny certified. Trusted for over 50 years to keep families clean, healthy, and living "clean for life."